

# Family Matters

**North Carolina National Guard - Family Program Office**  
**4105 Reedy Creek Road ♦ Raleigh, NC 27607-6410**



November 2003

Dear Family Members,

The North Carolina National Guard Family Program Office holds any issue concerning families as our top priority. The best method that we have to provide assistance to you and your family is through communication. There may be those that are afraid an issue is too small or unimportant to bring to our attention. Others may face issues that require outside assistance but do not know who to call. No problem is too big or too small. Though we may not have all of the answers, we will make every effort to put you in touch with someone who does have the answer. We also respect your right to privacy and treat each case as confidential. So, if you are facing an issue that you have been unable to resolve, please do not get frustrated and locked into the belief that you tried to get help but nobody cared and no one tried to help you.

The Family Program Office wants you to know that we are sincere and want to assist you in your need. This is also why we have established Family Assistance Centers (FAC) throughout the state of North Carolina. The FAC employees are there to provide support in a variety of ways. A telephone call to the FAC nearest you may help solve your problem or point you in the right direction by connecting you with the appropriate program or agency. Our FAC employees can provide information and referral services such as financial management assistance, identification cards, DEERS Enrollment, TRICARE, and Legal Assistance. Each FAC is also a focal point that has coordinated available resources for you such as chaplain services, American Red Cross, and a host of other agencies that want to help support you during this deployment.

Also, we understand the personal sacrifice you and your family make during a deployment and the sense of isolation that can be a result. We strongly encourage you to join your local Family Readiness Group (FRG). The FRG is a great way to network with others families who are also going through a deployment. If you need help locating your local FRG, please contact our office. There is an acronym that we use quite often in our office – Together Everyone Achieves More (TEAM). If we use the “team” concept, we can and will meet get through the deployments together and become a stronger Guard Family. As always, we are available to you.

Sincerely,

CPT Sherrell Murray

**Additional locations coming soon.....**

## Family Assistance Centers (FACs)

### **Charlotte:**

Patti Carr  
1454<sup>th</sup> Trans Co  
(704) 359-5745  
ext. 5745

### **Clyde:**

Pat Fox & Lana Greer  
161<sup>st</sup> Med, 210<sup>th</sup> & 211<sup>th</sup> MPs  
(828) 627-9024  
ext. 8031

### **Greenville:**

Rebekah Murray  
514<sup>th</sup> MPs, 691<sup>st</sup> Maint Co  
(252) 752-0855  
ext. 8950

### **Morganton:**

Nancy Davis  
105<sup>th</sup> Eng  
(828) 437-0746  
ext. 8112

### **Morrisville (919-664-6000):**

Cynthia Griffin - ext. 7617  
Rena Wethington - ext. 7655  
Francie - ext. 7616  
1-130<sup>th</sup> Avn Bn, 111<sup>th</sup> Fin,  
123<sup>rd</sup> Pers, 139<sup>th</sup> ROC

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You spend every day trying to find enough time for everything—your family, the work, your community, your life. Whether you're trying to find child care, trying to get out of debt, coping with a family problem or personal issue that's weighing you down at home or at work, or just dealing with the ups and downs of everyday life, sometimes it can seem as if there's too much for you to handle. That's why the U.S. Army provides the Army One Source program—a pre-paid soldier and family resource program to help you run your life a little more smoothly. Army One Source can help make it easier by giving you contacts, information, and practical solutions. And, Army One Source is easy for you to access, on the phone or online, with one-on-one consultations, articles, seminars, workshops and much more. All at no cost to you. All confidential.

The program offers information, advice, and support on a wide range of everyday issues, including:

|                        |                 |                        |
|------------------------|-----------------|------------------------|
| Parenting/Child Care   | Financial       | Managing People        |
| Education              | Legal           | Emotional Well-being   |
| Older Adults           | Everyday Issues | Grief and Loss         |
| Midlife and Retirement | International   | Addiction and Recovery |
| Deployment and Return  | Relocation      |                        |

Army One Source provides experienced consultants to talk with when you have a question; an award-winning Web site with online articles, locators, and much more; pre-paid booklets, audio recordings, and other materials; referrals to resources and services in your community; and a commitment to always being there when you have a question or need help.

Army One Source is brought to you by the U.S. Army, at no cost to you. **Visit online at [www.armyonesource.com](http://www.armyonesource.com)** (user id army; password: onesource). **Or just call from the U.S: 800-464-8107, International: 800-464-8107 or International collect: 484-530-5889.**

## What Family Readiness Groups Do...



### Family Readiness Groups

- Increase the soldier's ability to devote his full attention to the mission by offering reassurance that the family members have close, reliable, and friendly support
- Help family members develop a more positive attitude toward themselves, the unit, the deployment and the military
- Give moral support, provide a helping hand when needed, and help reduce family member stress
- Empower families to become more knowledgeable and self-reliant
- Are there to answer questions and access information and resources to help you solve problems



*Have a Safe and Happy Thanksgiving!*